



# LIFELINE PROTECTOR

A Newsletter for Friends & Clients of Wellness Alliances



## GREETINGS...

Thank you for reading our monthly newsletter! For additional information on your health and wellness visit our social media pages. Follow us on Facebook, Instagram, Twitter, and LinkedIn at Wellness Alliances. We will keep you updated on current events, your caregiving needs, health news, and tips to enhance your physical, mental, and social well-being.



## COVID-19 UPDATE

- The Biden administration launched a new website to order at-home COVID-19 tests. There is a limit of 4 test kits per household. The tests are expected to ship within 7 to 12 days.
- Hospitals are becoming overwhelmed again as the Omicron variant takes over. Public health leaders alert that Americans are getting infected at an alarmingly high rate, but that is not a guarantee that the population will build enough natural immunity to make the virus a manageable part of daily life.
- Dr. Anthony S. Fauci, the government's top infectious disease expert, states it is still impossible to know where the evolution of the pandemic will take us.
- The CDC recommends everyone get vaccinated and boosted as the best prevention for all variants of COVID-19.

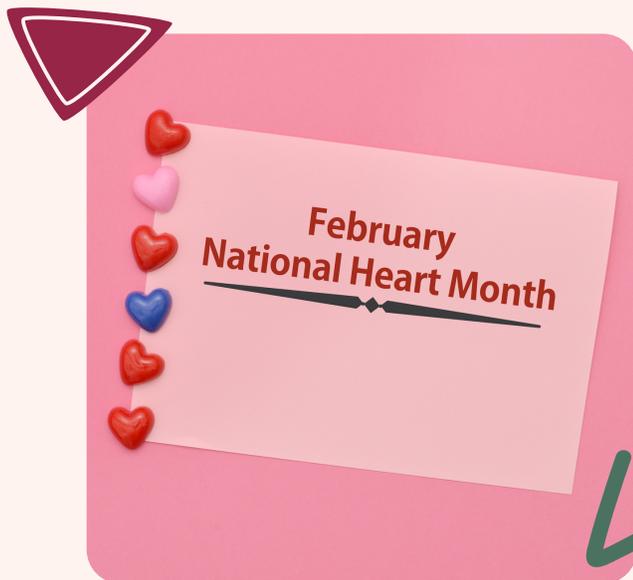
Wellness Alliances  
1000 S Valley View  
Blvd 2nd Floor, Las  
Vegas, NV 89107

Phone:  
800-806-8885  
E-Mail:  
[info@wellnessalliances.com](mailto:info@wellnessalliances.com)

We're on the Web!  
See us at:  
[wellnessalliances.com](http://wellnessalliances.com)



# LIFELINE PROTECTOR



## AMERICAN HEART MONTH

February is American Heart Month. It is a time for everyone to concentrate on their cardiovascular health. For the year 2022, The CDC's Division for Heart Disease and Stroke Prevention (DHDSPP), is focusing on hypertension (high blood pressure), a leading cause of heart disease. High blood pressure can damage your heart if untreated. It is important to see a healthcare provider regularly to check up on your heart health. According to the CDC, only about 1 in 4 adults (24%) with hypertension have their condition under control. In 2019, more than half a million deaths in the United States had hypertension as a primary or contributing cause. Please take this month to check up on your heart health for your wellbeing.

5 ways to celebrate American Heart Month:

- Wear red on the first Friday of February.
- Use the hashtag, #MoveWithHeart, on social media when sharing a photo or video to raise awareness.

- Raise awareness by talking to your community of friends and family, encouraging everyone to make their heart health a priority.
- Make a donation to the American Heart Association to help the fight against heart disease.
- Join a local walkathon or plan a walking group in your community to raise awareness and stay healthy.

## QUOTE OF THE MONTH

“  
In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other.

Linda Ellerbee

Wellness Alliances  
1000 S Valley View  
Blvd 2nd Floor, Las  
Vegas, NV 89107

Phone:  
800-806-8885  
E-Mail:  
info@wellnessalliances.com

Sources:

Centers for Disease Control and Prevention  
[www.cdc.gov/heartdisease/american\\_heart\\_mon\\_th.htm](http://www.cdc.gov/heartdisease/american_heart_mon_th.htm)  
[www.cdc.gov/bloodpressure/facts.htm](http://www.cdc.gov/bloodpressure/facts.htm)

The New York Times  
[www.nytimes.com/live/2022/01/18/world/omicron-covid-vaccine-tests](http://www.nytimes.com/live/2022/01/18/world/omicron-covid-vaccine-tests)

We're on the Web!  
See us at:  
[wellnessalliances.com](http://wellnessalliances.com)

